



NEW(S) HORIZON

A NEWSLETTER FROM THE
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 **Fax** 508-660-7363 **website:** www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. OUR NEXT MEETING IS **THURSDAY, MARCH 27 AT 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:

Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational

Knitting Group

Bingo

VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

Dominos

Whist

Bridge

Great Trips

Chair Exercise Programs

Zumba Gold

Mah Jongg

Transportation for shopping, errands and medical appointments

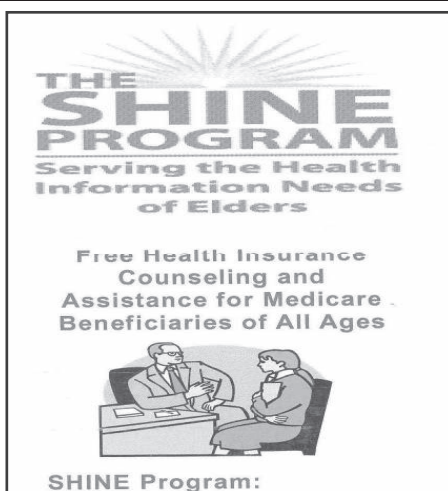
Day of Beauty (September-June)

**LOOK INSIDE THE WALPOLE NEWSLETTER FOR TIMES AND
DATES OF THESE PROGRAMS!**

For the most up-to-date information, please go on our website at www.walpole-ma.gov
(Once on main page, click on contacts and find the COA)

WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM



How can a SHINE Counselor help me?

SHINE Counselors help Medicare beneficiaries and their caregivers navigate the complex Insurance system.

A SHINE Counselor can explain Medicare options and how Medicare works in everyday language.

A SHINE Counselor can help you compare the costs and benefits of Medicare and other health options and help you enroll in a health insurance program that best fits your needs.

A SHINE Counselor can help people with limited resources enroll in programs that help pay health insurance costs.

How Do I Contact A SHINE COUNSELOR?

A SHINE Counselor is available to provide service at the Walpole Senior Center, call 508-660-6688 to make an appointment or receive further information.

Common questions for SHINE Counselors

- What does Medicare pay for?
- When should I enroll?
- Which parts of Medicare do I need?
- What is “Medigap” insurance?
- What is a Medicare HMO or Medicare Advantage Plan?
- Is Medicare Advantage right for me?
- Which Part D plan will cover my drugs?
- Can I get help paying my Medicare cost?
- Do I qualify for MassHealth/Medicaid?
- Why did I receive a bill after seeing my doctor?
- How do I appeal a Medicare denial?
- Why wasn’t my drug paid for when I went to the pharmacy?
- Will Medicare pay for my nursing home stay?


Walpole’s SHINE Counselor— Donald Wightman

Don Wightman is a committed volunteer who is trained and certified by the Executive Office of Elder Affairs in many areas of health insurance, including Medicare Part A, Part B, and Part D; Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs (QMB, SLMB and QI), and other programs for people with limited resources.

MARCH EVENTS AND TRIPS

MARCH 5 WEDNESDAY	JOB LOT STORE IN NORWOOD AND LUNCH	Lunch will be at Westbury Farms next door to Job Lot	Van will leave center at 9:30 AM ~Must sign up
MARCH 6 THURSDAY	CHICKIE FLYNN	Limited to 23 people a trip Must sign Up	Van will leave center at 11:15 AM
MARCH 10 MONDAY	ERRAND DAY AND WALPOLE MALL	Van will take you anywhere you would like in the town of Walpole	Please sign up and tell us where you would like to go.
MARCH 10 MONDAY	VNA PRESENTATION - Wound Clinic	Nurse from Sturdy Memorial Hospital Wound Clinic	At Center 1:00 PM Please sign up
MARCH 10 MONDAY	SOUND OF MUSIC BIRD MIDDLE SCHOOL	Come watch a private Dress Rehearsal of this classic play.	Van will leave center at 2:15 PM
MARCH 11 TUESDAY	CLASSICAL MUSIC SELECTION TALK	Taught at New Pond Village	Van will leave Center at 10:30 AM
MARCH 12 WEDNESDAY	BOSTON FLOWER AND GARDEN SHOW	Seaport World Trade Center \$16.00/person	Van will leave center at 9:00 AM
MARCH 13 THURSDAY	PATRIOT PLACE (stores include Christmas Tree & Bass Pro Shop)	Shop at all the stores then have lunch at the Olive Garden	Van will leave center at 9:30 AM Must sign up
MARCH 14 FRIDAY	ST. PATRICK'S DAY BREAKFAST	Hosted by Senator Timilty and The Walpole Fire Department	At Center 9:00 AM—10:30 AM
MARCH 17 MONDAY	ST. PATRICK'S DAY MUSIC Sponsored by: New Pond Village	Fiddler Joe Kessler & Pianist David Sparr	At Center 11:00 AM –12:00 PM
MARCH 17 MONDAY	ST. PATRICKS DAY LUNCHEON	Corned Beef Cabbage Dinner - 40 people Max	After performance \$5.00 per person
MARCH 19 WEDNESDAY	DAY OF BEAUTY— Tri-County School	Haircuts, color, perms, man- icures, Etc... Enjoy all these things at a reduced price!!	Van will leave center at 8:30 AM Must sign up
MARCH 19 TUESDAY	MUCH ADO ABOUT MIDDLE SCHOOL	Johnson Middle School Must sign up	Van will leave center at 12:00 PM
MARCH 24 MONDAY	MARKET BASKET	The Van will be trying the new store in South Attleboro.	Van will leave center at 9:30 AM Must sign up
MARCH 26 WEDNESDAY	RESTAURANT OF MONTH	La Scala in Randolph MA Must sign up	Van will leave center at 10:45 AM
MARCH 27 THURSDAY	COMMONWEALTH MUSEUM	An Interesting Museum and then we will go to "Sully's" on Castle Island	Van will leave center at 9:30 AM
MARCH 31 MONDAY	TWIN RIVERS CASINO	Space is limited please sign up at the Center	Van will leave center at 9:30 AM
MARCH 31 MONDAY	ASK NURSE DIANA	Topic: Falls Prevention Talk	At Center 11:00 AM Please Sign Up

MARCH

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Scrabble 10:00 AM Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	4 Stop & Shop AM trips Walking Club (off site) Whist 12:00 PM	5 Job Lot Trip & Lunch Senior Club Meeting 1:00 PM Exercise class 10:00 AM Knitting 10:00 AM Senior Moments 2:30PM	6 Walk in Breakfast 8-10AM Chickie Flynn Cribbage 1:00 PM Bridge 1:15 PM Yoga 10:30-11:30 AM Hoops and Needles 6:30 PM-9:00 PM	7 Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM
10 Errand Day & Walpole Mall Scrabble 10:00 AM Exercise class 10:00 AM VNA Presentation 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM "Sound of Music" at Bird School 11:30 AM	11 Stop & Shop AM trips Classical Music Class 11:00 AM Walking Club (off site) Whist 12:00 PM Podiatrist 1:00 PM	12 Boston Flower Show 9:00 AM Exercise class 10:00 AM TRIAD 11:00 AM Senior Moments 2:30PM	13 Veterans Meeting 9:15 AM Patriot Place 9:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Reverse Mortgages Talk 1:00 PM Bridge 1:15 PM Hoops and Needles	14 St. Patrick's Day Breakfast 9:00-10:30 Zumba 9:00 AM Bingo 12:30 PM
17 Exercise class 9:30 AM St. Patrick's Day Performance 11:00AM Corn Beef Cabbage Dinner 12:00PM Dominos 1:00 PM Mah Jongg 1:30 PM	18 Stop & Shop AM trips Walking Club (off site) Whist 12:00 PM	19 Day Of Beauty 8:30 AM Exercise class 10:00 AM Knitting 10:00 AM Fallon Health 11:00 AM "Much Ado about School" Johnson Middle 12:00PM Senior Moments 2:30PM	20 Walk in Breakfast 8-10 AM Yoga 10:30 AM-11:30 AM Movie at Center 12:30 PM Cribbage 1:00 PM Bridge 1:15 Hoops and Needles 6:30 PM-9:00 PM	21 Zumba 9:00 AM Bowling 10:00 AM "Fun with Finance" 11:15 AM- 12:30 Bingo 12:30 PM
24 Exercise class 10:00 Scrabble 10:00 AM Market Basket 9:30 VNA Blood Pressure 12:30 Hearing Solutions 1:30 PM Dominos 1:00 Mah Jongg 1:30	25 Stop & Shop AM trips Walking Club (off site) Whist 12:00 PM	26 Exercise class 10:00 Restaurant of Month 11:00 Movie at Center 12:30 Senior Moments 2:30PM	27 Commonwealth Museum 9:30 AM Coffee & Discussion Group 8:30—10:00 AM Yoga 10:30-11:30 AM COA Meeting 1:30 PM Cribbage 1:00 PM Bridge 1:15 PM	28 Zumba 9:00 AM Bingo 12:30 PM
31 Twin Rivers 9:30 AM Exercise class 10:00 AM Scrabble 10:00 AM Falls Prevention 11:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM				<i>SAVE THE DATE...</i> APRIL 17th "Senior Prom" 5:00 PM—7:00 PM Blackburn Hall



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

“We must find time to stop and thank the people who make a difference in our lives.”

— John F. Kennedy

There are not enough words, or space, to thank all the people who have made a difference in my life since I started working in Walpole. However, my most recent and humbling experience came from not only being nominated, but WINNING the “Newcomer of the Year” Wally Award!! It truly is an honor and privilege to work at the Senior Center, and to win this award means so much!

I know that I am only as strong as the team that helps me every single day, and they deserve a large round of applause as well. Thank you to Conchita, Carol, Jane and Jim, ALL my volunteers who work for me daily, and every single senior that uses the Center. I know how lucky I am to work with such incredible people and appreciate you all!!

I hope some of you will join me in this Celebration and Come to:

Conrad's Restaurant in Walpole Saturday, March 8th at 7:00 PM.



**Thank you all!! ~
Courtney Riley**



TAKE ACTION TO AVOID FALLS

Each year, nearly 2.4 million people are treated in the emergency room for falls and as many as 26,000 people die as the result of accidental falls. The majority of these cases involve a person who is age 65 or older.

Besides advancing age, researchers have found that specific conditions put some at even greater risk. The Centers of Disease Control and Prevention notes these risk factors:

- Weakness in the lower body
- Balance issues or dizziness
- Poor vision
- Problems with feet or shoes
- Home hazards
- Use of certain medications

Luckily, there are things you can do to prevent falls.

Every time you go to the doctor, you should:

- Tell your doctor if you have fallen in the past year.
- Share any concerns you have about falling. Be honest if you feel unsteady when you stand or walk.
- Ask your doctor to review all of your medicines, which may be causing side effects like dizziness or confusion.

If you are at risk of falling, your doctor will likely recommend preventive measures such as getting regular physical activity and removing hazards from your home.

Exercises to improve balance and coordination are very helpful.

Make your home safer too. For example, clear the floor of clutter, improve the lighting around stairs and other hazardous spots and install grab bars in the bathroom

**OUR EXERCISE GROUP MEETS
EVERY MONDAY AND WEDNESDAY
AT 10:00AM**

THE EXERCISES ARE GEARED TOWARDS SENIORS.

**WE OFFER LOW IMPACT CHAIR EXERCISE WITH THE ADDED FEATURE OF
COMPANIONSHIP AFTER CLASS IS OVER, ALONG WITH COFFEE AND SNACKS**

LAUGHTER IS THE BEST MEDICINE

A diner in a restaurant had been waiting a while for his meal.

Finally, the waiter returned and said.

"Your fish will be coming in a minute or two, sir."

"All right," the diner replied. "Out of curiosity, what bait did you use?"



DID YOU EVER WONDER WHY

**Why the sun lightens
our hair, but darkens our skin?**

**Why don't you ever see the
headline 'Psychic Wins Lottery'?**

Why is 'abbreviated' such a long word?

**Why is it that
doctors call what they do 'practice'?**



MET LIFE STUDY OF ELDER FINANCIAL ABUSE INFORMATION TIPS:

- If you are offered a "prize" or "lottery winnings" that sounds too good to be true, it probably is. Do not send anyone personal or financial information to collect a prize.
- Do not provide personal information over the phone unless you placed the call and know with whom you are speaking.
- If you need help with personal or in-home care services, contact your local council on aging or elder services agency for a referral to ensure that the person has been properly screened.
- Do not sign any documents that you don't completely understand without first consulting an attorney or family member that you trust.
- Keep in touch with others, isolation can make you more vulnerable.

RESOURCES:

Massachusetts Senior Legal Helpline, provide free legal information, advice, and referral services for MA. senior citizens in most areas of civil law: [866-778-0939](tel:866-778-0939)

Elder Services, [800-243-4636](tel:800-243-4636)

National Do Not Call Registry, to reduce telemarketing calls. To register your phone number.

Massachusetts Protective Services Elder Abuse Hotline, [800-922-2275](tel:800-922-2275)

National Center on Elder Abuse, [800-677-1116](tel:800-677-1116)



Alexander F. Thomas & Sons Funeral Home
Formerly
Keeling-Tracy Funeral Home



45 Common Street
Walpole, Massachusetts 02081
www.thomasfuneralhomes.com

508.668.0154

Serving Families of All Faiths
for Three Generations



160 Main Street ~ Walpole, MA 02081
508.660.3080 www.harringtonrehab.com

Dedicated to Hope, Healing and Recovery
Specializing in: Orthopedic and Cardiac Program
Medically Complex, Subacute, Transitional and Wound Care
Beautiful country setting, state of the art therapy gym.



REHABILITATION AND NURSING CENTER

135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

Proudly Owned and Operated by the Franchi Family

CALL FOR A TOUR AND MORE INFO
781-762-6880 www.TheEllis.com

Bathe Safely And Easily

Payments As Low As \$150 Per Month*



America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-655-8048** www.GoToPremierBath.com
Promo Code 20141

*On approved credit. Limited time offer.

JAMES H. DELANEY & SON
FUNERAL HOME

JAY DELANEY, DIRECTOR
JIM DELANEY, DIRECTOR

(508) 668-1960

48 Common Street, Walpole, MA 02081

HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Established 1909

A Community Partner in Your Healthcare

www.wavna.org

55 West Street, 3rd Floor
Walpole, MA 02081

508-668-1066

For All Your Banking Needs

Free Checking for Life | Estate Planning
Saving for Grandchildren's Education
Investing | and much more!

DEDHAM INSTITUTION FOR SAVINGS (dedsavings.com)
Member FDIC | Member NCUA | Equal Housing Lender
Member of the Sunbelt Program

Dedham Savings
your bank
dedhamsavings.com

Are you ever alone?

You're never alone when you have a medical alert!

"I feel more independent, safe, and secure with my medical alert."

Less than \$1 per day

- ▶ No Long-Term Contracts
- ▶ Price Guarantee
- ▶ A+ Rating with BBB

▶ Made and Monitored in the USA

Call Today to learn more about our Special Offer.

1.877.801.5055

Toll Free



dish Make the Switch to DISH Today and Save Up To 50%

Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualifications. Call 7 days a week 8am - 11pm EST
Promo Code: MR0913 *Offer subject to change based on premium movie channel availability

Promotional prices starting at only...
\$19.99 mo.
for 12 months
New customers only. See restrictions.

FREE
OVER 30 PREMIUM
MOVIE CHANNELS
HBO
SHOWTIME
STARZ
For 3 months.
Offer subject to change based on premium movie channel availability.



WALPOLE
CO-OPERATIVE BANK

982 Main Street • Walpole
508.668.1080 • WalpoleCoop.com



Since 1952

BETRO
PHARMACY

Peter A. Betro Jr., R. Ph

965 Main Street
Walpole, Massachusetts 02081

508-668-0018

(FAX) 508-668-5590

NEW(S)HORIZONS

Walpole
Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330
Fax: (508) 660-7363

Courtney Riley, Director COA
Conchita Geyer, Outreach Worker
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

Meal site
(508) 668-3423

This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.



*Friends of the Walpole
Elder's, Inc.
P.O. Box 186
East Walpole, MA 02032*

Non-Profit
US Postage

PAID

Framingham, MA
Permit #179

WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places.

**4th Monday of the month -
Walpole Senior Center,
Town Hall 12:30pm**

As well as:

3rd Wednesday of the month -
Norfolk Senior Center 12:30pm

3rd Wednesday of the month -
Norwood Senior Center 12:30pm

4th Friday of the month -
Dover Town Hall 1:00pm

TRIPS IN THE MAKING

We don't have the final info of these trips but keep your eyes and ears open because we have some great trips planned for the spring and summer!

- The Phantom of the Opera in July (Sign up now)
 - Newport Playhouse in April
 - Top of Hub for Lunch in April
 - Tour of Fenway Park
- Trip To Washington D.C. during Cherry Blossom Season
 - Mr. D.J. a funny take off on Family Feud
 - JFK birthplace in Brookline

We always welcome ideas for trips and events at our Center.

If you have any ideas for entertainers or trips
PLEASE give us a call at **508-668-3330**

